

Cookbook

Mike Kozick

Trout-cooking ideas are offered

By CHARLOT M. DENMON
Staff correspondent

With the opening of trout season, many area anglers are bringing home fine catches of fish each week and men and women both are looking for different ways to prepare this popular dinner fish.

Mike Kozick of Dallas, one-time owner of a diner in New Jersey and more recently, the Brothers 4 Restaurant, offers a variety of recipes to satisfy the appetites of young and old alike.

A former fisherman and hunter, Mike said the best way to prepare trout is in the open air over an open fire.

"There's nothing more delicious than trout, catfish or similar fish prepared right after they were caught and cleaned," said Mike. "Of course, not all fishermen are able to prepare the fish out-of-doors alongside a stream. For them there are other ways to prepare them indoors."

Mike said if planning to prepare trout at a later date the most important thing is to clean them well and properly freeze them. To freeze your trout, he recommends putting one quarter cup of lemon juice, fresh or bottled in one pint of water. Dissolve one package unflavored gelatin in half cup of the lemon and water mixture. Heat remaining water mixture, stir in the gelatin and let cool to room temperature. Dip fish in this mixture, drain and wrap in freezer paper.

The recipes for preparing trout offered to Post readers by Mike Kozick are not only easy to prepare but low in calories and delicious. The Fresh Pan-Fried Trout melt in one's mouth. Trout with Herbs served with wild rice and mixed green salad is fit for a gourmet. Trout Amandine takes only 10 minutes to prepare and six to eight minutes, more cooking time. Super simple to prepare, Trout Baked in Cream served with a green salad, buttered, herbed potatoes and asparagus or baby peas satisfies the most picky eater.

For those patrons seeking something other than red meat, or any meat, we suggest they try some of Mike's recipes for trout. If you have no fisherman in your family, substitute another kind of



Dallas Post/Charlot M. Denmon

Offers advice

Mike Kozick, former restaurant owner, shares some of his favorite trout recipes with Dallas Post readers.

fish in the recipe. It should be just as tasty.

FRESH PAN-FRIED TROUT

2 eggs
1 c. milk
Cracker meal

Mix eggs and milk together in medium bowl. Pour cracker meal in shallow dish or pan. Dip fish in egg mixture then coat well with crumbs. Pan fry in bacon fat or fatback if available; otherwise use Crisco. Fry fish few minutes on each side until golden brown. Salt and pepper to taste.

TROUT WITH HERBS

4 trout, 8-12 oz. each
1/2 c. dry red wine
1/4 c. olive or vegetable oil
1/4 c. water
1/2 c. finely chopped onion

1 T. chopped fresh mint or 1/2 t. dried mint
1/2 t. rosemary
1/2 t. thyme
1 small bay leaf, crumbled
15 whole black peppercorns
1 t. salt
3 egg yolks, slightly beaten

Clean and dress fish. Rinse and pat dry with paper towel. In glass, enamel or stainless baking dish, combine wine, oil, water, onion, mint and seasonings. Stir to blend. Place trout in marinade, turning to coat thoroughly. Marinate at room temperature for 30 minutes, turning it at 15 minutes. Place fish in oiled baking dish. While oven preheats, bring marinade to simmer, pour over fish, cover with waxed paper. Bake at 350 degrees in middle

of oven for 20 minutes. Do not overcook. Place fish on serving platter and keep warm. Strain liquid through a fine sieve into small saucepan. Discard onions and herbs, if desired. Whisk 1/4 cup liquid into egg yolks then whisk egg mixture into boiling water. Heat until sauce thickens but do not return to a boil. Pour sauce over trout or serve separately. Garnish with fresh mint. Double recipe to serve eight.

TROUT AMANDINE

4 cleaned trout, about 8 oz. each
Salt, white pepper
Flour
1/4 c. butter or margarine
2 T. peanut or salad oil
1/3 c. blanched almonds, sliced crosswise
2 t. lemon juice.

Wipe fish lightly with damp paper towel. Sprinkle both sides with salt and pepper. Coat trout with flour shaking off excess. Heat 2 tablespoons of butter and oil in a frying pan over moderately high heat. Add trout. Cook until well browned, about three minutes on each side. Turn carefully once. Meanwhile, saute almonds in remaining butter, heated in a small frying pan, until lightly brown, stirring occasionally. Stir in lemon juice. Sprinkle almonds lightly with salt and keep mixture warm. Arrange cooked trout in a warm serving dish. Spoon almond butter over the trout.

TROUT BAKED IN CREAM

4 whole rainbow trout, 1-1 1/4 lbs. each
2 T. fresh lemon juice
1 t. dill weed
1 t. salt
1/4 t. white pepper
1 pint whipping cream
2 T. fine dry bread crumbs or seasoned bread crumbs

Wash and dry fish with paper towel. Brush inside and out with lemon juice, sprinkle with dill weed, salt and pepper. Place in lightly buttered baking dish. Pour cream over. Sprinkle with bread crumbs. Bake at 400 degrees for 15 minutes or until fish flakes easily when picked with fork. If fish is frozen, bake for 20 to 25 minutes.

To remove bone from baked trout, slip knife along entire length of the backbone, pick up backbone starting from tail end of fish and lift up. Gently turn fish over and lift backbone off other side of fish.



Planning show

Shown here are members of the Dallas Area Federated Women's Club as they make preparations for their fashion show. From left, Sheila Bonawitz, co-chairman; Pat Smaka, president; Mary Alice Lukasavage, publicity; Marge Lyons, refreshments; and Sandy Richardson, co-chairman.

Miss Pennsylvania will model at fashion show

Shown above are committee members from the Dallas Area Federated Woman's Club making final arrangements for their fashion show and card party to be held this Thursday, April 25, at the Irem Temple Country Club beginning at 7:30 p.m.

Melba's Fashion Nook will present all types of designs from sportswear to bridal. Sarno and Sons of the Midway Shopping Center, Wyoming will provide evening wear for the gentlemen and Mary Taylor's Hair and Skin Centers will do the hairstyling and make-up for the models.

Highlight of the evening will be the appearance of Gina Major, Miss Pennsylvania. She will wear her pageant gown and entertain with vocals. The evening will close with home made desserts and the awarding of door prizes.

The Back Mountain Library and the Club's scholarship fund along with other community projects will benefit from the Show.

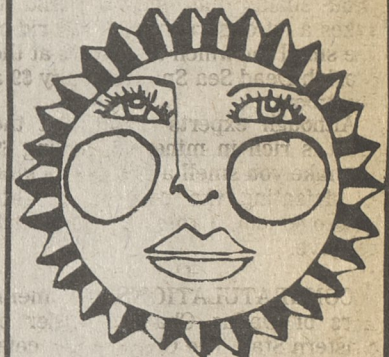
Tickets are available from Melba's Fashion Nook, Trucksville; Back Mountain LumberCompany, Shavertown; Back Mountain Library, Dallas; or from any club member.

Pictured above are: Sheila Bonawitz, co-chairman; Pat Smaka, president; Mary Alice Lukasavage, publicity; Marge Lyons, refreshments; and Sandy Richardson, co-chairman.

Check presented

At a recent Breakfast meeting Back Mountain Kiwanis President, James Larson, presented a check for \$1,000 to Ms. Nancy Eckert, Chairperson of the Back Mountain Memorial Library Fund Campaign.

This contribution is intended to aid the library in the work of renovating the facilities in the new location on Huntsville Rd.



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School menus

Following are cafeteria menus for area school districts for the following week:

DALLAS SCHOOLS

April 24 - 30
WEDNESDAY - Meatball hoagies, macaroni salad, yellow cling peaches, choice of milk or juice. Or triple decker PB&J sandwich with chicken vegetable soup and potato chips or freshly baked pizza.

THURSDAY - Texas hot dog w-beef sauce, or plain hot dog, honey baked beans, cinnamon applesauce, choice of milk or juice. Or, cheeseburger on roll or freshly baked pizza.

FRIDAY - Cheesy pizza, yellow corn kernels, chilled pineapple, freshly baked cherry cobbler, choice of milk or juice.

MONDAY - Bunwich (sliced hot ham-cheese wrapped in foil on bun), buttered green beans, mixed fruit

salad, choice of milk or juice. Bonus: Nachos w-cheese sauce. Or cheeseburger on roll or freshly baked pizza.

TUESDAY - Italian spaghetti-meatsauce, Italian bread-butter, garlic bread in Jr. Sr. High, lettuce leaf-dressing, choice of milk or juice. Bonus: Cherry gelatine w-topping. Or Italian hoagie w-potato chips, or freshly baked pizza.

LAKE-LEHMAN SCHOOLS

April 24 - 30
Senior High
WEDNESDAY - Meatball hoagie, corn chips, green beans, pineapple tidbits, milk.

THURSDAY - Early dismissal - Bar-b-q chicken, macaroni salad, baked beans, roll-butter, peaches, milk.

FRIDAY - Pizza or egg salad sandwich, potato chips, carrot-celery sticks, orange wedges, milk.
MONDAY - Chicken patti or ham

patti on bun, French fries, peaches, donut, milk.

TUESDAY - Deli or tuna hoagie, pickle chips, chicken noodle soup-saltines, pineapple tidbits, milk.

Junior High & Elementary
WEDNESDAY - Cheeseburg on bun, pickle chips, minestrone soup-saltines, pears, milk.

THURSDAY - Early dismissal - Bar-b-q chicken, macaroni salad, baked beans, roll-butter, peaches, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, orange wedges, milk.

MONDAY - Steak hoagie, onion rings, green beans, pears, milk.
TUESDAY - Chopped ham-sliced cheese sandwich on Hillbilly bread, potato chips, vegetable soup-saltines, peaches, milk.

GATE OF HEAVEN SCHOOL

Scouts plan Flea Market

Penn's Woods Girl Scout Council is planning for the Annual Flea Market and Auction to be held this year on Friday, April 26 and Saturday, April 27 at the Ice-A-Rama, Coal Street, Wilkes-Barre. The project is under the direction of the Board of Directors, with the help of volunteers and staff, to support the Council program. The chairperson is Mrs. April Jacobson of Mountaintop.

The Flea Market is another opportunity for the girls to learn about business. It helps support part of the quality programs offered to more than 9,000 girls and women in the six counties served by the Penn's Woods Girl Scout Council.

The goal for girls in Girl Scouting

is to learn about themselves, relate to others, give to the community, and develop values. The girls explore the five worlds of "well-being, people, today and tomorrow, the arts, and out-of-doors." Girls develop their talents, learn new things, and make friends, while working with positive role models in the women who volunteer their time and skills.

Come to Wilkes-Barre on April 26 or 27. You'll find a festival atmosphere, the Flea Market, the Cherry Blossoms, and you'll support the work of the Girl Scout program and encourage the girls.



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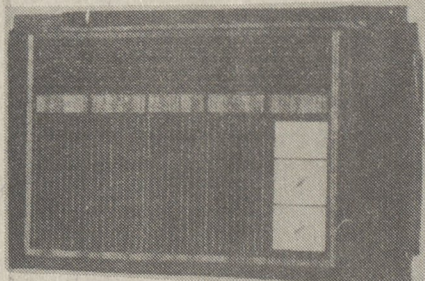
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